



## Fluoride Varnish Application: What every caregiver should know

### **Q. What is Fluoride Varnish?**

A. Fluoride varnish is one type of topical fluoride. This type of fluoride is painted onto teeth, and it is left on the teeth until the morning following application, when it is brushed away. Fluoride varnish helps to prevent cavities by putting minerals into the tooth enamel, making the enamel stronger.

### **Q. Is Fluoride Varnish safe?**

A. YES! Fluoride varnish is a safe and effective way to help prevent cavities. Fluoride varnish is “painted” onto the teeth and no fluoride is swallowed by the child. Although rare, children with allergies to colophony (colophonium) and pine nuts could have allergic reactions to fluoride varnish.

### **Q. Why is the doctor using Fluoride Varnish?**

A. Oral health is an important part of overall health. Your child’s doctor is concerned with oral health too. Since many children do not get to the dentist when they are very young, the doctor plays an important role in giving your child fluoride treatments to prevent cavities.

### **Q. What does my child do after they get Fluoride Varnish?**

A. The fluoride varnish might make your child’s teeth look yellow and dull. This is normal, and your child’s teeth will be white and shiny again once the fluoride varnish is brushed off the next morning!

### **Remember:**

- ★ You must sign the consent form for your child to receive this valuable oral health benefit!
- ★ Your child should eat soft foods for the rest of the day
- ★ The fluoride varnish should be brushed off tomorrow morning

## Fluoride Varnish Application Consent Form



Dear Caregiver:

Our health facility is concerned about your child's oral health. Fluoride varnish can help to prevent cavities (tooth decay), and it is being offered as a preventive service at this health facility. Fluoride varnish is "painted" onto the teeth by a qualified health care professional, and is brushed off the next day.

Fluoride varnish can improve the dental health of your child by preventing tooth decay (cavities); although, it is still important for your child to get regular dental check-ups and proper daily tooth care at home. **Fluoride varnish can be another way for your child to get fluoride in addition to fluoride he or she may get from tap water, toothpaste, and/or prescription fluoride from a dentist or doctor.**

**For your child to participate, you must read the fluoride varnish handout and give permission by filling out the information and signing below.**

**NO** I do not want my child to receive the fluoride varnish application

**YES** I would like my child to receive the fluoride varnish application



\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Male or Female (circle one)

**Does your child see a dentist at least once per year?**

**\_\_YES \_\_ NO** If YES, name of dentist: \_\_\_\_\_

**I have read the information sheet about the fluoride varnish, and will allow a health professional to apply the varnish to my child's teeth. I understand that this is a painless procedure that will take only a few minutes.**

**Signature of Caregiver:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Caregivers Name (please print):** \_\_\_\_\_

